



Boulder Valley School District

File: ADF

Adopted: May 23, 2006

Revised: January 11, 2011; September 11, 2012

Associated Regulation: ADF-R

WELLNESS POLICY: NUTRITION AND PHYSICAL ACTIVITY

Part of the educational mission of the Boulder Valley School District (BVSD) includes enhancing the health and wellness of the entire community by teaching students to establish and maintain life-long healthy eating and physical activity habits. The mission shall be accomplished through nutrition education, hands-on experiential learning in cooking and gardening classes through community collaboration, the food served in schools, academic content in the classroom, and regular physical activity as part of the total learning environment.

Goal Statement for Nutrition

The primary goal of Boulder Valley School District's nutrition component is to ensure the wellness of each student attending BVSD and to provide guidance to school personnel in the areas of nutrition and health. To accomplish this, Food Services and the Board subscribe to the following as guided by the district's Wellness Advisory Council:

1. No student who attends BVSD will go hungry while in school.
2. The nutritional value of the reimbursable meals and snacks served by BVSD will meet and exceed USDA and State Dietary Guidelines and follow the Institute of Medicine's (IOM) guidelines whenever possible, by providing nutritious, fresh, tasty, and when possible, locally produced food that reflects BVSD's cultural diversity.
3. A fresh, healthy, nutritious lunch will be available to every student at every school so that students are prepared to learn to their fullest potential.

4. The district will also ensure that every student in USDA-approved after-school programs will have access to a healthy school snack.

Goal Statement for Physical Activity

The primary goal of Boulder Valley School District's physical activity component is to provide opportunities for every student in grades K-12 to develop the knowledge, attitudes, behaviors, and skills to be able to regularly participate in physical activity, to enjoy the short and long-term benefits of a physically active and health enhancing lifestyle, and to reduce the risk of developing obesity and chronic diseases such as type 2 diabetes and cardiovascular disease.

CROSS REFS.:

EFA, Healthy Food Choices

LEGAL REFS.:

Section 204 of Public Law 108-265-June 30, 2004

C.R.S. § 22-32-136 (*children's nutrition - healthful alternatives*)

Colorado Competitive Foodservice Policy 2202-R-203

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